

Brown Rice PuddingRev10

Number of Servings: 10 (202.03 g per serving)

Amount	Measure	Ingredient
7.00	cup	Milk, 1%, w/add vit A & D
1 1/8	cup	Rice, brown, med grain, dry
1/2	tsp	Spice, cinnamon, ground
1/2	tsp	Spice, nutmeg, ground
7.00	Tbs	Sugar, brown, packed

Nutrients per serving

Nutrition Facts			
Serving Size (202g)			
Servings Per Container			
Amount Per Serving			
Calories 190		Calories from Fat 20	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	80mg		3%
Total Carbohydrate	34g		11%
Dietary Fiber	1g		4%
Sugars	18g		
Protein 7g			
Vitamin A 6%		Vitamin C 0%	
Calcium 20%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Heat milk to scalding in double boiler or microwave. Add other ingredients, combine and pour into baking pan (9X9" pan for 10-15 servings, larger pan sizes for more servings).

Bake at 275 degrees for 2 1/2 HOURS.

Stir after each 1/2 hour of baking. After product has baked for 2 hours and has been stirred, cover with foil and bake for the last 1/2 hour. Remove from oven, remove foil. Cool down to 140 degrees and then refrigerate, covered loosely with foil, overnight.

1 serving = 1/2 cup + 1 T lite whipped topping

Product will be chewy but tender. Brown rice needs to be used for the magnesium content.

1/2 c = 1 #8 scoop level = 2 CS

Serve chilled at <41 degrees F.

Notes

PREPARE DAY BEFORE: this recipe must cool to thicken

Potentially Hazardous Food. Food Safety Standard: Chill after preparation. Hold for service at temperature of 40 degrees F or less.

1/3 cup white sugar may be substituted for each 1/4 cup brown sugar in recipe